



Early Parenting Support

Hunter New England



What is Tresillian?

Tresillian Family Care Centres is Australia's largest early parenting support organisation with services for parents with a child aged up to three years. Our Parent's Help Line can assist with queries relating to children aged up to five years.

Our tried and trusted programs have supported generations of families for over 100 years, helping their baby grow and thrive, laying the foundations for future learning and well-being.



Tresillian offers specialist support to parents with:



**Baby's
Sleep & Settling**



**Breastfeeding &
Bottle-feeding**



**Multiple
Babies**



**Caring for
baby**



**Your Child's
Nutrition**



**Toddler
Behaviour**



**Postnatal Depression
& Anxiety**



**Adjustment to
Parenting**




**Cultural
Support**



**Parent Education
Groups**


Tresillian's Early Parenting Services



The arrival of a new baby and every stage of your child's development is an exciting time, but it can be overwhelming. That's where Tresillian can help.

Our services across the Hunter New England District provide support to families with a child aged up to 3 years. Tresillian has Family Care Centres at Taree, Muswellbrook and Armidale where parents can visit for practical advice and support with their baby.


Tresillian Taree, Muswellbrook and Armidale Day Services



Your first Day Services appointment usually takes around two hours where we work in partnership with you to develop a plan that will help towards meeting your goals.

Our specialist Tresillian Nurses and in some cases, an Aboriginal Health Worker, work alongside your Child and Family Health Service. They can help make sense of your child's crying, sleep, advise on breastfeeding, bottle-feeding, nutrition and toddler behaviour and your own emotional well-being, giving you confidence and reassurance.

The Tresillian 2U Mobile Van Inverell



Our Tresillian 2U Mobile Van regularly visits towns and communities from the base at Inverell on a rotational basis. Checkout our Facebook page to find out when we're coming to a town near you!

Our team includes a Tresillian Nurse and in some cases an Aboriginal Health Worker. Our mobile vans are family friendly with a private consultation room, cot, and change-table.

Virtual Consultations

If you find it's difficult to visit your local Centre due to distance or other challenges, we can arrange a Virtual Consultation with a Tresillian Nurse, via video-link, using your mobile phone or other device.

Find out More!

For a referral to Tresillian:

- **Ask your local Health Professional** - Child & Family Health Nurse, GP or early parenting support service to refer you and your child
- **Self Refer** by visiting the Tresillian website. Fill in a short online contact form and one of our Nurses will call you back. Visit tresillian.org.au
- **or for advice on your child** and more information on the best service to meet your needs, call the **Tresillian Parent's Help Line on FREECALL 1300 272 736.**





Parent Groups

To learn more about your child and meet up with other parents, consider booking into one of our Parent Groups. Topics range from 'Supporting Sleep in Young Babies' to 'Circle of Security' and 'Getting to know You'. Groups are held regularly at either a Tresillian Centre, in the community or virtually. To book visit the Courses page of Tresillian's website at tresillian.org.au

Cost?

The cost of Tresillian Day Services including Tresillian 2U consultations, is covered by Medicare.

Tresillian Service Hours

Monday to Friday, 8.00am-4.30pm
Closed on Public Holidays.

Tresillian in the Hunter New England District Supporting Families



Visit the Web or Facebook page
of your local service.



Tresillian in Manning - Taree

78 Albert Street, Taree NSW 2430

Enquiries: 02 6515 1952

To self refer: FREECALL 1300 272 736

<https://www.tresillian.org.au/>

[locations/tresillian-in-manning-taree/](https://www.tresillian.org.au/locations/tresillian-in-manning-taree/)

Follow us on Facebook 



Tresillian Muswellbrook

Shop 4B, Marketplace Shopping Centre,
22 Sowerby Street, Muswellbrook, NSW 2333.

Enquiries: 02 5575 4910

To self refer: FREECALL 1300 272 736

<https://www.tresillian.org.au/>

[locations/tresillian-muswellbrook/](https://www.tresillian.org.au/locations/tresillian-muswellbrook/)

Follow us on Facebook 



Tresillian Armidale

94 Rusden Street, Armidale NSW 2350

Enquiries: 02 6707 1930

To self refer: FREECALL 1300 272 736

<https://www.tresillian.org.au/>

[locations/tresillian-armidale/](https://www.tresillian.org.au/locations/tresillian-armidale/)

Follow us on Facebook 



Tresillian 2U Inverell Mobile Van

Enquiries: 02 6707 1930

To self refer: FREECALL 1300 272 736

<https://www.tresillian.org.au/>

[locations/tresillian-2u-inverell/](https://www.tresillian.org.au/locations/tresillian-2u-inverell/)

Follow us on Facebook 



It's in our nature to nurture

A PARTNERSHIP BETWEEN TRESILLIAN &
HUNTER NEW ENGLAND LOCAL HEALTH DISTRICT



Health
Hunter New England
Local Health District

**Our friendly team at Tresillian
Taree, Muswellbrook or
Armidale are here to
support your family!**

For a referral to Tresillian:

Ask your local Health Professional,
Child & Family Health Nurse, GP
or early parenting support service
to refer you and your child.

Self Refer by visiting the Tresillian website.
Fill in a short online contact form and
one of our Nurses will call you back.
Visit tresillian.org.au

For advice on your child or the
best service for your family, call the
Tresillian Parent's Help Line
FREECALL 1300 272 736



Acknowledgement of Country

Tresillian acknowledges Aboriginal and Torres Strait Islander people as the First Peoples of Australia. We acknowledge the Traditional Owners and Custodians of land on the countries on which we live and work and their unique spiritual relationships to the lands and seas. We pay respect to Aboriginal and Torres Strait Islander Elders, past and present, and acknowledge all the Aboriginal and Torres Strait Islander people living in the communities we serve.

